



My fact or opinion worksheet

Write a few real thoughts, sort each one, run the camera test and reword it more fairly. A thought can feel certain and still be an interpretation.

01 Safety first

Some thoughts are about real danger. If a thought is about being unsafe or being harmed, do not argue with it here: treat it as real and get help. Thoughts like these are serious. Call Samaritans on 116 123 (UK and Ireland), call or text 988 (US), find a line at findahelpline.com, or see selfgrowth.org/help. If another person scares you, this worksheet is not for that.

- ☐ The thoughts I am working on are everyday ones, not about being unsafe or harming myself
- ☐ If a thought is about danger or harm, I will stop here and reach out to a person or line above

The person or line I will turn to first if I need help:

02 Write down my thoughts

List a few thoughts you had recently, one per line. Use real ones.

Thoughts I want to check

For example: 'I always mess this up' or 'He is annoyed with me'.

1.

2.

3.

4.

5.

03 Sort each thought

Write the number of each thought under the box that fits best. A fact can be checked. An interpretation is a reading of what happened. A prediction is about the future. A feeling is what you feel, not what you think.

Fact	Interpretation	Prediction	A feeling
Can be seen, heard or checked	Opinion, meaning or reading	About what will happen	What I feel inside
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

04 The camera test

Pick the thought that bothers you most. Ask: what would a camera record? Describe only what could be seen or heard, with no meaning added.

The thought:

What a camera would record (what happened, who said or did what):

What I added that a camera could not record:

How strongly do I believe the thought right now?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

05 Evidence and other readings

Be fair, not kind. Real facts count even when they are uncomfortable, so write them down.

Facts that support the thought:

Facts that do not fit the thought:

Another reading that fits the same facts:

06 A fairer rewording

Write a version that keeps what is true and drops the guesswork. 'I always mess up' might become 'This went badly, and I have handled harder things.'

My fairer version:

How strongly do I believe the original thought now?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

Is there something I could check, ask or do next?

When you're done, a moment to reflect

- Which kind of thought do you mix up with facts most easily: interpretations, predictions or feelings?
- What did the camera test show that you had skipped past?
- Was there a thought that stayed a plain fact, even after sorting it? What does that tell you?
- Who could you ask to check an interpretation, instead of guessing?
- If a thought keeps coming back and weighs on you, would it help to talk to a GP or a therapist about it?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/fact-or-opinion-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.